

# Chemotherapy Patient Information

## Breast Cancer

### Drugs: Docetaxel, Pertuzumab (Perjeta®) and Trastuzumab (Herceptin®) Three Weekly

The aim of this leaflet is to help to inform you, and those that are close to you, about the side effects that may occur with this treatment.

Your treatment			
Day	Drugs	How is it given?	How long will it take?
1	<b>Pertuzumab</b> ( <i>per-too-zoo-mab</i> ) <b>Trastuzumab</b> ( <i>tras-too-zoo-mab</i> ) <b>Docetaxel</b> ( <i>doe-se-tax-oll</i> )	By a drip into a vein	4 hours

- this treatment is repeated on one day every 21 days. It is usual to have docetaxel and to continue on with trastuzumab and pertuzumab after the docetaxel has been stopped. Your doctor will advise you of the number of treatments you will have
- you will need to have a blood test before each treatment to check that your blood count has returned to normal. If your blood count is too low it may be necessary to delay your next treatment until your blood count has returned to normal. You will be told when to have these blood tests
- your doctor will ask you to have some tests to check that your heart is working normally and these will be repeated at different times during the course of your treatment.
- tell your doctor if you have a history of heart problems or high blood pressure

### Important Information

#### If you:

- become unwell
- develop chills, shivers or shakes
- develop a temperature of 38°C or above
- feel short of breath
- develop chest pain

**Go to your nearest hospital emergency department immediately**

#### Before your treatment :-

During treatment with the drug docetaxel, you will need to take a tablet called a premedication to help reduce the side effects that can be caused by the drug docetaxel.

The **premedication** consists of the following:

Tablet	Dose	When to take
Dexamethasone	8mg twice a day	Start taking these the day before having treatment with the docetaxel and continue for a total of 3 days unless told otherwise by your doctor

- tell your clinic staff if you have forgotten to take your premedication **before** you have your treatment

#### During treatment let your nurse know immediately if you develop: -

- redness, soreness or pain around the injection site
- skin rash, itching, fever, shivers, dizziness or breathlessness

#### At home it is important to :-

- take your medications as prescribed by your doctor
- attend to your mouth care after each meal and before you go to bed
- keep a record of the side effects that have bothered you in order to report to your doctor at your next appointment
- take note of any numbness or tingling in your fingers or toes or if the palms of your hands or soles of your feet become red and sore and to report these symptoms at your next treatment

If you have any questions or concerns about your treatment and the side effects, please contact your treating team

Daytime contact.....

After hours contact.....

## Side Effects

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Below is a list of some of the possible side effects of this treatment and when they are likely to occur. This is a guide only. Remember most of these side effects are temporary and can be managed. Some people have few side effects while others might have many, everyone is different. If you are unsure about any of your symptoms, contact your doctor or nurse.

### Immediate (onset hours to days)

#### Allergic Reaction

Allergic reactions are uncommon but can be life threatening. You may experience skin rash, itching, fever, shiver, shakes, redness of the face, pain, dizziness, feeling anxious, wheezing and shortness of breath. If you have any of these symptoms tell your nurse or doctor **without delay**.

#### Nausea and Vomiting

Feeling sick and vomiting can occur. Take your medicine as told to you by your doctor even if you do not feel sick. If you feel sick and vomit tell your doctor or nurse. If you continue to vomit or feel light-headed go to your nearest hospital emergency department without delay. For more information ask for the **Managing Nausea and Vomiting fact sheet**.

#### Headache

A mild headache can occur with this treatment. This can be treated with paracetamol tablets. If you develop a severe headache, go to your nearest hospital emergency department.

#### Flu-like Symptoms

Fevers, chills, muscle pain and headaches can occur. You may feel like you have the flu. If these symptoms do not improve, tell your doctor or nurse.

#### Changes in Sense of Smell and Taste

Changes to taste and smell are common. Food may become bland or taste metallic. To mask the taste changes eat sugar free mints or chew sugar free gum, marinate meats in fruit juices or wine, flavour food with sauces and herbs. Using plastic forks and knives help reduce the metallic taste.

### Early (onset days to weeks)

#### Increased Risk of Infection

A side effect of this treatment is a low white blood cell count, particularly affecting the type of white blood cell called neutrophils. A low neutrophil count is called neutropenia. Neutrophils are the type of white blood cell that fights infection. The lower your neutrophil count drops, the greater the risk of you developing an infection.

While your neutrophil count is low, you are at increased risk of infection. Such infections can come from bacteria (germs) that we normally carry on our skin or in our bowel. As this treatment can cause neutropenia, it is important that you monitor yourself for signs of infection and check your temperature if you are unwell.

Your blood count will be checked by your doctor at different times before and during your treatments. If your neutrophil count has not returned to normal, your doctor may delay your next treatment and/or reduce the doses of the drugs.

**If you develop a fever of 38°C or higher, have shivers, shakes or feel unwell, go to your nearest hospital emergency department or call an ambulance. Do not delay as this is life-threatening.**

For more information ask for the **Patient Information Sheet - Neutropenia and Infection**

#### Low platelets and Increased Risk of Bleeding

This treatment may lower the platelet count in your blood. Platelets help your blood to clot, and when low, increase the risk

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of bleeding and bruising. So, if you have bleeding or bruising, tell your doctor or nurse at your next appointment; however, if you have uncontrolled bleeding, go to your nearest emergency department. If your platelet count is low, you may require a platelet transfusion.

### Sore Mouth

Soreness of the mouth and sometimes mouth ulcers are possible side effects of this treatment, so it is important that you care for your mouth. Rinse your mouth after each meal and before going to bed with salty water or sodium bicarbonate mouthwash. To make the mouthwash, dissolve 1/2 teaspoon of salt OR 1 teaspoon of sodium bicarbonate (baking soda) in a glass of warm water (approximately 200 mL). Clean your teeth gently with a soft toothbrush. If you normally floss continue to do so. Tell your doctor or nurse if you develop a sore mouth, pain on swallowing or a white coating on your tongue.

### Diarrhoea

Diarrhoea can occur with this treatment and may happen at any time. This can usually be managed by ensuring you have adequate fluid intake and taking loperamide (Gastrostop<sup>®</sup>) or other anti-diarrhoeal medication as required. You should, however, report what happened to your doctor or nurse at the next appointment. If your diarrhoea is not controlled and you have more than 5 loose bowel motions per day, and especially if you feel light-headed or dizzy, you should go to your nearest hospital emergency department.

### Feeling Tired

Fatigue is common. If you do feel tired, you may need to limit your activities and concentrate on what is most important to you. However, regular exercise each day, along with plenty of rest, has been shown to help improve fatigue.

### Painful Stiff Joints and Muscles

You may have muscle, joint or general body pain which may occur a day or two after treatment and can last for a few days. You may require pain medication to help manage this. Contact your doctor or nurse if you need strong pain killers otherwise just tell your doctor about these symptoms at your next appointment.

### Skin Rash

Skin rash is common. Keep your skin moisturised with a gentle non perfumed moisturising cream e.g. sorbolene or aqueous cream. Do not scratch your skin. Always protect yourself from the sun, wear a hat, sunglasses, and use a broad spectrum SPF30+ sunscreen. Talk to your doctor about treatment options.

### Numbness and Tingling in Fingers and Toes

Numbness, tingling and pins and needles in your hands and feet may happen, due to the effect of the treatment on nerve function. These symptoms may affect your everyday activities, such as doing up buttons, picking up small objects and the sensation of walking. It is important to tell your doctor at your next appointment as this is an early sign of nerve damage. For more information please see **Patient Information- Chemotherapy Induced Peripheral Neuropathy**.

### Watery Eyes

Your eyes may become sore, feel gritty, dry or watery and may be sensitive to sunlight, and sometimes this affects your vision. Tell your doctor about these symptoms at your next appointment. Eye drops may help soothe the symptoms. Occasionally, you may need to be referred to an eye specialist. It is suggested that when you are outside, you wear sunglasses to minimise eye irritation.

### Hand Foot Syndrome

Hand foot syndrome can occur. Your skin may become red, hot and tender. Small blisters can form and your skin may peel. Moisturise your skin with sorbolene or aqueous cream. Avoid hot water. Tell your doctor without delay, if you develop any skin changes.

### Retaining Fluid due to Chemotherapy

Retaining fluid in your body may occur when you have this treatment. Before each treatment you doctor will ask you to take a drug called dexamethasone to help reduce the amount of fluid you

retain in your body.

Tell your doctor if you gain weight over a short period, have swelling in your hands and feet, if you notice any redness, heat or discomfort in affected areas.

Ensure that any cuts or broken areas of skin are attended to as soon as possible.

Sometimes excess fluid in your body can make you short of breath. If this happens call an ambulance without delay.

### Late (onset weeks to months)

#### Low Red Blood Cell Count

This treatment can cause anaemia (a low red blood cell count) which may cause you to feel more tired than usual. You may feel light-headed, dizzy and appear pale. Tell your doctor or nurse if you have these symptoms as you may require a blood transfusion.

#### Hair Loss

Hair loss usually starts within a few weeks of beginning treatment. It can occur on all parts of the body including the eyebrows and eyelashes. Hair loss is usually temporary. Ask the staff for information about wigs and the **Look Good Feel Better program ([www.lgfb.org.au](http://www.lgfb.org.au))** for women and men.

#### Nail Damage

Your nails may grow more slowly, become darker, develop ridges or white lines and become brittle and flaky. In some cases you may lose your nails completely. In some cases painting your nails with nail polish may help prevent this. Wear gloves when gardening.

### Delayed (onset months to years)

#### Menopausal Symptoms

Chemotherapy can cause you to enter menopause. This may mean that you have irregular or no menstrual periods, vaginal dryness, hot flushes, sweating, mood changes or problems sleeping. There is still a risk of pregnancy even if your periods have stopped. You should still use birth control, until permanent menopause is confirmed. Talk to your doctor or nurse for more information.

#### Changes in the way your heart works

Trastuzumab (Herceptin®) sometimes causes a weakening of the heart muscle. However, this is uncommon. You have a higher risk if you have had high blood pressure, chemotherapy with an anthracycline or radiotherapy to your chest. You will be asked to have a test to see how your heart is working before and during treatment with trastuzumab (Herceptin®). Weakening of the heart muscle causes shortness of breath and sometimes swelling of the ankles. If you develop these symptoms, go to your nearest hospital emergency department.

## Frequently asked Questions

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### Do I need to take any special precautions at home while on chemotherapy?

Chemotherapy drugs are transported via your blood stream to all parts of your body. The majority of chemotherapy drugs are excreted in your bodily fluids. It is important that you take the following precautions at home for seven days after your last chemotherapy treatment.

- flush the toilet on full flush, with the lid down, after you have used it
- keep a plastic bag handy in case you feel sick
- clothing or bed linen that is soiled with urine, bowel motions and/or vomit should be handled with disposable gloves and washed separately from other items
- if you have sex within a few days of a treatment session, you or your partner will need to use a barrier method (i.e. condoms) to protect your partner from being exposed to chemotherapy drugs

### Will treatment affect my sex life?

The desire to have sex may decrease as a result of the treatment or its side effects. It may help to discuss your worries with your partner and/or doctor or nurse.

### Do I still need to use contraception?

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Pregnancy should be avoided as this treatment can have a harmful effect on an unborn baby. Talk to your doctor about suitable contraception methods.

### Can I still breast feed?

You must not breast feed during the entire course of your treatment, as these drugs can pass into breast milk.

### Is it safe to take medicines, vitamins and/or herbal preparations during my treatment?

Before starting any medicines, including prescription and over-the-counter medicines, vitamins, natural or herbal therapies, tell your doctor, pharmacist or nurse. Some of these medicines may interact with your treatment.

Do **not** stop taking any prescribed medicines (including low dose aspirin) without first speaking to your doctor.

### What can I take for a headache or mild pain?

Paracetamol is safe to take if you have a headache or other mild aches and pains. It is recommended that you avoid taking aspirin, ibuprofen and other anti-inflammatory type medications for pain while you are having treatment. If these medications have been prescribed by your doctor, do not stop taking them without first speaking with your doctor.

### Should I be on a special diet while having treatment?

While you are receiving this treatment it is important that you try and maintain a healthy diet. There are some foods that may cause food-borne illnesses in high risk individuals and should be avoided. For further information on foods to avoid and food hygiene please ask for a copy of the Listeria and Food brochure. If you have any concerns about recent weight loss or weight gain or questions about your diet, please ask to speak to a dietitian.

### Can I still drink alcohol?

It is fine to drink 1 to 2 standard drinks a day with most cancer treatments. In some cases alcohol can interfere with the way some drugs work. Your doctors and nurses giving the treatment will be able to give you specific advice about whether drinking alcohol is safe with your treatment.

### Can I have a vaccination?

Vaccinations such as flu and tetanus are safe to receive while you are having treatment. Live vaccines (e.g. BCG, MMR, zoster and varicella vaccines) however, should be postponed until at least 6 months after treatment. If in doubt, check with your doctor before having any vaccinations.

Your household contacts should be fully vaccinated, including having live vaccines according to the current vaccination schedule. Extra care needs to be taken with hand washing and careful disposal of soiled nappies for infants who have recently received the rotavirus vaccine.

### How do I reduce my risk of getting an infection?

You will be most at risk of getting an infection 10 to 14 days after you have your chemotherapy. During this time you should try to avoid contact with people who are sick (e.g. chicken pox, flu), and minimise time spent in crowded places. This will help reduce the risk of you getting an infection.

## Useful links and resources

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### Telephone support

- Call Cancer Council on 13 11 20 for cancer information and support

### Breast cancer information

- Australian Lymphology Association – [www.lymphoedema.org.au](http://www.lymphoedema.org.au)
- Australasian Menopause Society – [www.menopause.org.au](http://www.menopause.org.au)
- Breast Cancer Network Australia – [www.bcna.org.au](http://www.bcna.org.au)
- National Breast Cancer Foundation – [www.nbcf.org.au](http://www.nbcf.org.au)

### General cancer information and support

- Beyond blue – [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Cancer Australia – [www.canceraustralia.gov.au](http://www.canceraustralia.gov.au)
- Cancer Council Australia – [www.cancer.org.au](http://www.cancer.org.au)
- Cancer Voices Australia – [www.cancervoicesaustralia.org](http://www.cancervoicesaustralia.org)
- Canteen – [www.canteen.org.au](http://www.canteen.org.au)
- Carers Australia – [www.carersaustralia.com.au](http://www.carersaustralia.com.au)
- eviQ Cancer Treatments Online: Patients and carers homepage –

[www.eviq.org.au/Category/tabid/65/categoryid/64/Default.aspx](http://www.eviq.org.au/Category/tabid/65/categoryid/64/Default.aspx)

- Food Standards Australia New Zealand: Listeria & Food Safety – [www.foodstandards.gov.au/publications/pages/listeriabrochuretext.aspx](http://www.foodstandards.gov.au/publications/pages/listeriabrochuretext.aspx)
- Look Good Feel Better – [www.lgfb.org.au](http://www.lgfb.org.au)
- RedKite – [www.redkite.org.au](http://www.redkite.org.au)

### Quit smoking information and support

Quitting smoking is helpful even after you have been diagnosed with cancer. The following resources provide useful information and support to help you quit smoking. Talk to your doctor, nurse or pharmacist about any other questions you may have.

- Call Quitline on 13 QUIT (13 78 48)
- iCanQuit – [www.iCanQuit.com.au](http://www.iCanQuit.com.au)
- Quitnow – [www.quitnow.gov.au](http://www.quitnow.gov.au)

**Disclaimer:** *This document reflects what is currently regarded as safe practice. However, as in any patient's situation there may be factors which cannot be covered by a single set of guidelines. This document does not replace the need for the application of medical judgment to each individual case. Some of the side effects from cancer treatments may only become evident after a long period of time, but many of these can be avoided with careful monitoring. Rarely, some drugs can increase your chance of developing a second cancer. Generally, the benefits of your treatment should outweigh the risks. Your doctor will discuss the specific risks of your treatment with you. Contact your cancer clinic staff or doctor if you feel your symptoms are getting worse or you are not able to manage them.*

*The currency of this information is guaranteed only up until the date of printing, for any updates please check [www.eviq.org.au](http://www.eviq.org.au)*

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